



A Review On Dushivisha And Its Correlation With Lifestyle Disorders .

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Abstract

Ayurveda is a holistic science that emphasizes the importance of *Dinacharya* (daily regimen), *Rtucharya* (seasonal regimen), and *Ahara Vihara* (diet and lifestyle) in maintaining good health and preventing diseases. In today's sedentary lifestyle, irregular dietary habits and adverse work environments have contributed to the rise of various chronic and lifestyle-related disorders. As a result of this continuous exposure to incompatible foods, toxins, and improper routines, various systemic changes are occurring in our body, and their action can be explained on the basis of concept of "Dushivisha". The key factors which influence the effects of *Dushi Visha* are *Dooshita Desha* (vitiated environment), *Kaala* (time/season), *Anna* (contaminated and incompatible food), and *Diwaswapna* (daytime sleep). Today the Indians are more inclining toward western lifestyle . There food habits change. They overindulge vihara such as ratrijagaran and diwaswapna that produces various diseases. Dushivisha is nothing but cumulative poison which accumulate within the tissues of human beings. The most common lifestyle diseases include Diabetes, Hypertention, Obesity, PCOD,Infertility, Arthritis etc. Ayurveda offers various regimens including ahara and vihar. Dincharya, Ritucharya, panchakarma and rasayan therapies. In this review article the focus is on lifestyle disorders , dushivisha and correlation between them.

Keywords: Ayurveda, lifestyle disorder, dushivisha,agadtantra

Introduction

Agad Tantra is one among the *Astangas* of Ayurveda which primarily deals with clinical toxicology. This branch of Ayurveda gives a comprehensive understanding of the *Visha* (poison), including its classification, examination, diseases caused by it, different treatment principles, and preventive measures.^[1] *Visha Dravyas* are broadly classified as *Sthavara* (plant and mineral origin), *Jangama* (animal origin), and *Kritrima* (artificial or synthetic) by *Acharyas*. Among these, *Dushivisha* is a special reference which is defined as either *Sthavara*, *Jangama*, or *Kritrima Visha* which fails to be completely eliminated from the body, either due to digestion, use of antidotes, or diminished potency due to the effect

of *Aatapa* (sunlight), *Vayu* (air). This type of cumulative poison can persist in the body for a long time and produce delayed effects.^[2]

In the present era, humans are exposed to a wide array of harmful toxins in the form of food, beverages, cosmetics, environmental pollutants, etc. These toxins may not cause immediate effects on our bodies but accumulate gradually due to prolonged exposure. This type of chronic toxicity closely resembles the Ayurvedic concept of *Dushivisha*.^[3]

In the modern era, rapid urbanization, industrialization, and adoption of Western lifestyle have significantly altered human habits. These changes have led to a rise in lifestyle disorders such as diabetes, hypertension, obesity, and insomnia. Ayurveda explains such chronic conditions through the concept of *Dushivisha* (latent toxin).

Dushivisha represents a cumulative, low-grade toxin that persists in the body for a long time and produces chronic diseases when aggravated.

In present scenario people are more prone to various kind of poison, including slow poison in food as well as in environment as poison which is old attenuated by anti-poisonous medicines or dried by forest fire, breeze and the sunlight or naturally deficient is properties of the poison is defined as *Dushivisha*. It is not fatal due to mild potency and being covered with *Kapha*. It stays in body for many years. Heavy metals like mercury, arsenic, lead, titanium, zinc etc. are continuously gaining their entry into our body, owing to the increased use to pesticides, fertilizers and other industrial products, automobile exhaust.

The mode of entry of metals may be through diet, medication, environment, occupation or hobbies. Food and drug occurring in large scale is nothing but the *Garavisha* explained by our Acharyas. *Sushruta* advice *Shodhan* i.e., *Vamana* and *Virechan* to remove accumulated toxins from the body, also mentions the usage of *Dushivishari Agada* on daily basis.⁴

Ethical considerations

As the present article is a literature-based review, no studies involving human or animal participants were conducted, and hence ethical approval and informed consent were not required. However, the ethical standards for scholarly research and data collection were duly maintained throughout the review process.

Methodology

The present review was conducted by collecting and analysing data from both classical Ayurvedic texts, such as *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and various *Nighantus*, and various scientific publications indexed in databases such as PubMed, AYUSH Research Portal, Google Scholar, and ScienceDirect.

Concept of *Dushivisha*

The term *Dushi Visha* is a combination of two Sanskrit words- *Dushi* and *Visha*. *Dushi* refers to denatured, attenuated, latent, and vitiated, and *Visha* means poison.^[5] The concept of *Dushi Visha* still remains an enigma, as a detailed description about *Dushi Visha* is not available in Ayurvedic classics.^[6] However, based on scattered classical references, it can be interpreted as the type of poison which is devoid of the natural ten properties of *Visha* or which is having lesser potency of all the ten properties. Due to this reduced potency, such poisons are not capable of producing acute or immediate toxicity, but instead, they may act slowly, leading to delayed manifestations and cumulative toxic effects to the body.^[7]

Definition

Dushivisha is a type of artificial or residual poison (Garavisha) that:

- Is low in potency (Alpa virya)
- Gets partially detoxified
- Remains latent in Dhatus for years
- Produces disease when triggered

Classical Features

- Avyakta lakshana (latent symptoms)
- Long-term accumulation
- Aggravation due to improper diet/lifestyle
- Affects Rakta, Mamsa, and other Dhatus

Pathogenesis

- Nidana → Agnimandya → Ama formation
- Ama + toxins → Dushivisha
- Lodges in Dhatus → chronic disease manifestation

Modern interpretation: bioaccumulation of toxins + chronic inflammation

3. Lifestyle Disorders (Modern Perspective)

Lifestyle disorders are non-communicable diseases (NCDs) caused by unhealthy habits such as:

- Sedentary lifestyle
- Stress
- Poor diet
- Sleep disturbances

Common examples:

- Diabetes mellitus
- Hypertension
- Obesity
- Dyslipidemia
- Insomnia
- PCOD
- Infertility

- Arthritis

These disorders account for a major proportion of morbidity and mortality.

4. Etiological Correlation (Dushivisha ↔ Lifestyle Disorders)

A. Ahara (Dietary factors)

- Viruddha Ahara (incompatible food)
- Junk food, preservatives, additives
- Excess sugar & processed food

Leads to:

- Agnimandya
- Ama formation → Dushivisha

Continuous intake of incompatible food contributes to Dushivisha and allergic/chronic conditions.

B. Vihara (Lifestyle factors)

- Ratrijagaran (night awakening)
- Diwaswapna (day sleep)
- Lack of exercise

Leads to:

- Dosha imbalance
- Metabolic dysfunction

C. Manasika Nidana (Psychological factors)

- Stress
- Anxiety
- Work pressure

Leads to:

- Hormonal imbalance
- Psychosomatic disorder

D. Environmental Exposure

- Pollution
- Pesticides
- Chemicals
- Cosmetics

Modern exposure to low-dose toxins parallels Dushivisha accumulation.

5. Pathophysiological Correlation

SR.NO	Ayurveda concept	Modern Concept
1	Agnimandya	Impaired Metabolism
2	Ama	Metabolic toxins
3	Dusivisha	Chronic toxicity
4	Srotorodha	Microvascular blockage
5	Dhatu dhushti	Tissue damage

This explains:

- Chronic inflammation
- Oxidative stress
- Immune dysfunction

6. Clinical Correlation

Dushivisha manifests as:

A. Metabolic Disorders

- Diabetes (Prameha)
- Obesity (Sthaulya)

B. Cardiovascular Disorders

- Hypertension
- Atherosclerosis

C. Skin Disorders

- Urticaria
- Dermatitis

D. Neurological & Psychological

- Insomnia
- Anxiety

These are all considered outcomes of long-term toxin accumulation + lifestyle errors.

7. Preventive & Therapeutic Approach (Ayurveda)

A. Nidana Parivarjana

- Avoid junk food
- Avoid incompatible diet
- Correct lifestyle

B. Shodhana Therapy

- Panchakarma (Vamana, Virechana, Basti)

Removes accumulated toxins

C. Shamana Therapy

- Agni deepana
- Ama pachana

D. Rasayana Therapy

- Improves immunity
- Prevents recurrence

CONCLUSION

Dushivisha is not acute condition its effects seen gradually on body and shows various types of toxic symptoms and disorders in different system like GIT tract, nervous system etc. Today people are more prone to various kinds of Visha, including Dooshivisha in food as well as in environment. Direct intake of poisonous material is not mandatory to lead Dooshivisha Lakshanas. Due to polluted land, air, water, exposure to electromagnetic radiations, food preservatives, faulty food habits, food preservatives, stressful lifestyle, continuous usage of any particular medications, unpleasant feelings and suppression of urges may act as cause for Dooshivisha. To prevent toxins to get accumulated panchakarma therapy should be applied so that the toxins (dushivisha) gets eliminated from body. So, it alleviates the disease caused due to toxins and useful in maintaining health.

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